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**metro EXCLUSIVE**

## Machines take over translating

### PUBLIC SERVICE

**Concerns rise over possible disappearance of federal jobs**

 **Michael Woods**  
Metro | Ottawa

Federal government translators are concerned that a plan to make a machine translation tool available to all public servants would lead to their jobs disappearing.

The translators also worry the tool's availability would "sully" the federal Translation Bureau's reputation and lower the quality of internal government communication to the point where it would "trample" on public servants'

language rights.

The concerns are detailed in a letter from the Canadian Association of Professional Employees, which represents about 900 government translators and interpreters.

In the letter to the chief executive of the Translation Bureau — the federal organization responsible for translation — the union says the move could "threaten the survival of the Translation Bureau and of the translation profession itself."

The union's concern is it would lead people to believe computer-only translations are acceptable, resulting in a decline in demand for professional translation services and "ultimately lead to hundreds of job losses."

The union is calling for a formal analysis of the project's advantages and

### **NO COMMENT**

Public Works and Government Services Canada, the department which oversees the Translation Bureau, did not provide a comment in response to the letter on Monday.

disadvantages.

Translators themselves already use the tool to speed up the translation process.

But, like Google Translate or any other similar tool, the computer translations aren't perfect and require a translator's expertise, CAPE president Emmanuelle Tremblay said in an interview.

 **MORE LOCAL NEWS ONLINE** [metronews.ca](http://metronews.ca)



## Inspectors wanted

Adam Gordon bastes a rack of ribs at a recent festival. The city wants the province to fund more food inspectors to monitor new festivals and eateries. Story, **metroNEWS**. GRAHAM LANKTREE/METRO



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CANADA POST

## A red flag for public servants: Union prez

 **Michael Woods**  
Metro | Ottawa

The head of the union representing Canada's postal workers says Canada Post's sick leave regime should be seen as a cautionary tale for other federal public servants.

Mike Palecek, national president of the Canadian Union of Postal Workers, spoke Monday at a union rally outside the prime minister's office. At issue is the federal government's omnibus budget bill, which unions argue gives the government a right to unilaterally impose a new sick leave regime on public servants.

The union's message, Palecek told Metro in an interview, was that Canada Post should serve as a red flag for public service unions currently negotiating sick leave provisions with the federal government.

"We lost our sick days in our last round of bargaining, and we had a short-term disability plan imposed on us," he said.

Under the contract with Canada Post, which was ratified in December 2013, the sick leave process goes through a third-party insurance company. Since then, Palecek said, there have been stories of members being denied leave.

"We have people not getting the benefits that they're entitled to," he said. "Ultimately, we need to be fighting for sick leave for all. No one should have to go to work sick."

# Social work job threatened

OTTAWA-CARLETON DISTRICT

## School board trustee says they should take budget cut hits

 **Haley Ritchie**  
Metro | Ottawa

A budget squeeze means the Ottawa-Carleton District School Board is facing a number of difficult staffing cuts, including eliminating a social worker position in the schools.

Instead, trustee Donna Black-

burn is suggesting the board keep the position, and cut trustee budgets to balance the books.

"Sometimes a kid just needs someone to talk to. If a person's not there, things can go from bad to worse quite quickly," said Blackburn, who has a master's degree in social work.

"On the surface, half a position doesn't seem like a lot, but we already don't have enough. The OCDSB is no different from anywhere else in the city — there's always a waiting list."

The school board currently has 25.5 full-time-equivalent social workers. Each are assigned a group of schools to rotate through each week.

Many also provide on-call support for emergencies and have other responsibilities for mental health promotion, autism and threat assessments.

Blackburn said students may face a long wait for issues like addictions or eating disorders, even after getting a referral from the school.

"Everybody is backed up," she said.

To help find the funds needed to retain the position — around \$46,650 — Blackburn is suggesting instead that

cuts are made to the trustee budgets.

Each elected trustee currently receives \$8,500 for covering communications, professional development and office supplies.

The average amount spent is less than that, and Blackburn is suggesting that each trustee's budget should be reduced by \$2,500 to save the board \$30,000.

The suggestions are two separate amendments, but she's hoping they both pass at the

**\$12M**

The cuts have been proposed to help deal with a \$12-million deficit facing the board for the 2015-16 school year.

board meeting on Monday night.

"We continue to have a demand for social work support; however, we have proposed a balanced approach to budget savings across a number of areas," said Sharlene Hunter, the board's media relations officer.

Hunter said the past few years have seen additional social workers employed within the board. Work across the remaining 25 social workers would be shared.

Other positions also being affected by changes in the budget include 30 full-time-equivalent academic positions, cuts to cleaning staff hours and other learning support positions like psychologists and education assistants.

## SCHOOL INSTRUMENTS PUTTING A NEW TWIST ON A CLASSIC

Hillcrest High School music teachers Jeannie Hunter and Melanie Reeks raised close to \$1,800 auctioning off their unique DIY furniture made from retired violins, cellos and clarinets. The money will go to repairing and replacing school instruments. **CONTRIBUTED**



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# City needs food inspectors

## PUBLIC HEALTH

### Booming food industry has created new demand

**Lucy Scholey**  
Metro | Ottawa

Food festivals, farmers' markets and cultural fairs are booming in Ottawa — and the city's food-safety inspectors can't keep up.

So Ottawa has asked the province's health ministry for one-time funding to hire at least one more person to

make the rounds and ensure foodies are paying for properly prepared plates.

Every year, public health inspectors conduct more than 14,000 food-safety inspections of restaurants, events and other food venues.

And they're getting busier. According to a recent Ottawa Public Health report, the number of events that dish out food has increased by 20 per cent over the past two years. And it's expected to grow well into

2017 — an event-heavy year for Canada's 150th birthday celebrations.

"It's a fair proportion of the work," said Dr. Vera Etches, Ottawa Public Health's deputy medical officer. "We need to be everywhere to make sure that food preparation is as safe as it can be. It's just an added burden but it needs to be done."

However, most of the festival food vendors have passed safety inspections.

**We need to be everywhere to make sure that food preparation is as safe as it can be.**

Dr. Vera Etches, Ottawa Public Health's deputy medical officer



### HIGH-RISK ESTABLISHMENTS

There are about 5,900 "food premise operators" in the city.

At the end of 2014, the city had named almost a quarter of those establishments (1,448) as "high-risk." A high-risk food establishment can mean a premise that prepares and handles large quantities of foods that are often

involved with foodborne illness (such as various meats), use multi-step preparation for processing food (such as defrosting, cooking and reheating) or has been implicated with foodborne illnesses in the past.

Currently, there are 1,048 venues listed as high-risk.

anything for foodies to fret about. However, it may also mean that employees are not washing their hands or keeping hot food appropriately hot.

The new system is meant to

be simpler while also recognizing those restaurants that are consistently clean.

The city's board of health will vote on the program on June 15.

## Festivals feeding the foodie frenzy



### Capital Ribfest

July 30-Aug. 3

Again, Gagne's doing.



1

### Capital Ukrainian Festival

July 24-26

Pig out on perogies at this first annual event at two locations: 1000 Byron Ave. and 952 Green Valley Cres.

ALL PHOTOS METRO FILE



4

### Festibière

Feb. 13-14, 2015

Gatineau's beer-filled (and food-filled) festival expanded into Lansdowne Park last February.

2

### Ottawa Veg Fest

June 6-7

After a yearlong hiatus, the vegan-friendly festival returned to the RA Centre.



### St. Albert Cheese Ottawa PoutineFest

June 17-21

Organizer Les Gagne brought this festival to city hall in addition to the one he started on Sparks Street as the former head of the BIA.





Two historic homes in Rockcliffe, 285 Acacia Ave., top left, and 220 Sandridge Rd., bottom left, could be demolished and replaced with the more modern homes on the right.

COURTESY CITY OF OTTAWA

# Rockcliffe heritage homes face demolition

## REAL ESTATE

### Residents' group OK's pair of housing developments



**Lucy Scholey**  
Metro | Ottawa

Two historic homes in Rockcliffe may be demolished and replaced with newer, modern dwellings.

One house, at 285 Acacia Ave., belonged to former Rockcliffe Park mayor and prominent architect Patrick Murray, who designed the original Algonquin College and two buildings at Carleton University.

The owner is looking to tear down the stucco-clad building and replace it with a two-storey glass-and-red-cedar house.

About two kilometres down the road, the 1949 home of Gen. Hugh Young is also on

the chopping block.

A two-storey house with a mix of natural stone veneer, wood siding and metal panels is proposed to replace the 220 Sandridge Rd. building.

In 2012, council approved an application for demolition and construction, but that heritage permit has since expired.

This is a new plan.

The Rockcliffe Park Residents Association approves both developments.

President Brian Dickson said there are two schools of thought: those who think all buildings within the Rockcliffe Park Heritage Conservation District should be preserved and those who argue that the area should continue to slowly evolve, as it has been doing since 1864.

"It makes it more interesting neighbourhood and also it gives you a greater mix of architectural styles," he said.

The city's built heritage sub-committee will consider these applications on Thursday.

## IN BRIEF

### Water-main break closes downtown school

Glashan Public School closed at 12:15 p.m. on Monday after a water main broke in front of the downtown elementary school.

The City of Ottawa told the school board it could take workers up to eight hours to repair the broken water main.

The school is expected to re-open Tuesday.

HALEY RITCHIE/METRO

## EDUCATION

# Catholic board deciding whether to merge Alta Vista schools

The Ottawa Catholic School Board was set to vote Monday night on whether to merge two Alta Vista schools — St. Patrick's High School and St. Patrick's Intermediate School — by 2017.

The middle school shares land with the federal government, which recently sold

the property for residential development.

Concerns about the changes on the property and low enrolment prompted the suggestion that the schools merge.

The proposal is still subject to board approval, but staff said it will save up to

\$500,000 annually if it gets the green light.

If the board gets ministry approval and funding, it hopes to increase St. Patrick's High School's capacity with a new addition that would allow for 1,643 spots for students.

Funding for the merge will

likely come from the federal government's "School Consolidation Capital" fund, which encourages school boards to use space more efficiently.

HALEY RITCHIE/METRO

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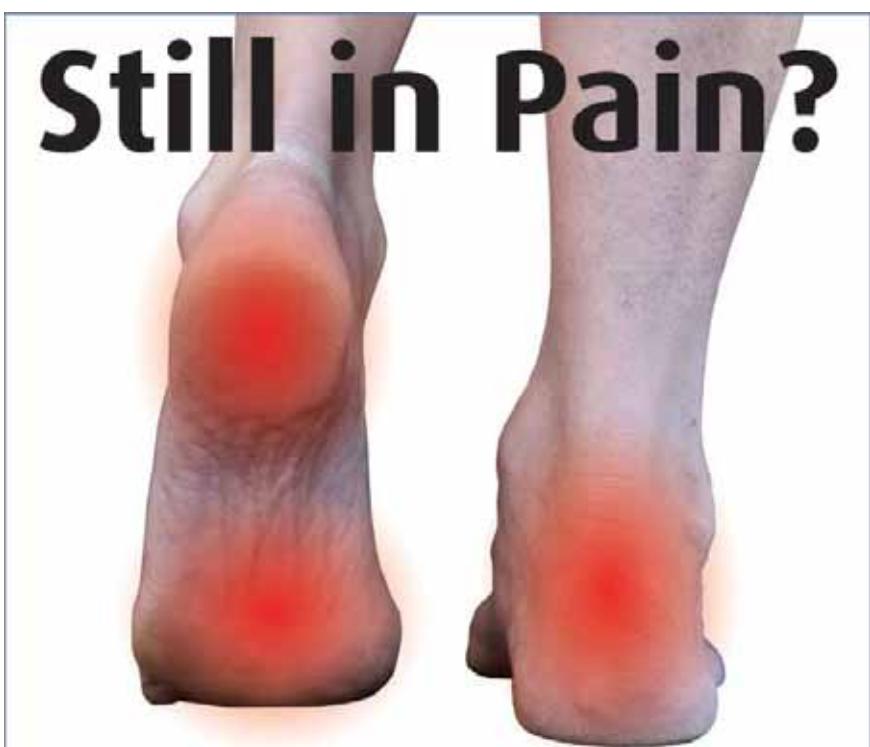
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**HOUSE OF COMMONS SPECIAL GUEST** Randolph Churchill, the great-grandson of Sir Winston Churchill and principal spokesman for the Churchill family, is recognized in the visitors' gallery in the House of Commons on Monday. SEAN KILPATRICK/THE CANADIAN PRESS



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# Officials call for more naloxone

## HEALTH

**Drug helps in overdoses, but not widely available**

**Lucy Scholey**  
Metro | Ottawa

Deadly opioid overdoses have been on the rise in Ontario for about a decade, and now public health officials are calling on the province to make a life-saving drug more readily available.

About 115 delegates, including approximately 40 medical officers from across the province, are in Ottawa this week for a conference and have voted to ask the province to expand access to naloxone.

The non-addictive medication can reverse the effects of an opioid pain medication overdose, including oxycodone, fentanyl or morphine.

"It's a very preventable cause of death," said Dr. Gary Kirk, associate medical officer of health and CEO of Windsor Essex County Health, who put forward the resolution.

The problem is it's only available in about a handful of public health units in the province that administer needle-exchange programs. Kirk said the drug should be available to not-for-profits, emergency departments, correctional facilities, paramedics, any caregiver of someone at risk of an



**Naloxone and syringes are included in overdose kits being distributed in Toronto.** TORSTAR NEWS SERVICE

opioid overdose and anyone who's at least 16 years old and dependent on the painkillers.

Since Ottawa started its naloxone program in 2012, it has trained 150 people on naloxone use. It's often administered like an EpiPen.

There have been 50 overdoses reversed, according to Andrew Hendriks, manager at Ottawa Public Health.

About 50,000 Ontarians are addicted to opioids. Among 25- to 34-year-olds, the number of deadly overdoses increased from three per cent in 1991 to 12.1 per cent in 2010.

In Ottawa, overdoses cause

about 115 hospitalizations and 40 deaths annually.

Naloxone education does not apply to just addicts, noted Dr. Kirk.

"It can be someone who is prescribed the right medications for the right reasons and accidentally takes too much or has an interaction with another medication and didn't realize that it was going to make the opioid-containing medication much stronger," he said.

The province of Alberta is expanding the availability of naloxone this month, following a spike in fentanyl overdoses.

## IN BRIEF

### Teachers need training on aboriginal issues: Report

A new report suggests public school teachers in Ontario are not receiving enough training on aboriginal issues.

The report by People for Education shows only 29 per cent of elementary schools and 47 per cent of secondary schools offer training on aboriginal issues to teachers.

The group is calling on the province to implement immediate changes to the curriculum to add more professional development for teachers about issues facing aborigines in Canada.

The report is based on responses from nearly 1,200 school principals in Ontario.

THE CANADIAN PRESS

## SOCIAL SERVICES

# Health ministers push pharmacare

Several provincial and territorial health ministers hope to make their call for a national pharmacare program a key issue in this fall's federal election.

Ontario Health Minister Eric Hoskins, who is a physician, says one in 10 Canadians cannot afford to pay for their prescription drugs.

Hoskins and his colleagues met with academics and experts in Toronto on Monday to discuss a universal pharmacare program similar to Canada's health-care system, but the federal government did not attend the roundtable.

Newfoundland and Labrador

Health Minister Steve Kent says the federal government "has a critical role to play" in creating a national pharmacare plan, and the election period is a perfect time to get all federal political parties focused on the issue.

Canada is the only industrialized country with universal health insurance that does not offer universal prescription drug coverage.

The federal New Democrats support a national pharmacare program, which one study estimated could save taxpayers \$11 billion a year by using bulk purchasing power to reduce drug costs and administration fees.

THE CANADIAN PRESS



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**TIMELINE**

**Some important dates from the Duffy saga:**

**December 2012:** Questions are raised about how much time Conservative Sen. Mike Duffy spends at his declared primary residence in P.E.I., since he is claiming living expenses for staying in his longtime Ottawa-area home.

**Feb. 8, 2013:** Senate hires firm to review residence claims of Duffy, fellow Conservative Patrick Brazeau and Liberal Mac Harb.

**Feb. 13, 2013:** The date Duffy says he meets Prime Minister Stephen Harper and Nigel Wright after a Conservative caucus meeting. "The prime minister agreed I had not broken the rules but insisted I pay the money back, money I didn't owe, because the Senate's rules are, in his words, 'inexplicable to our base,'" Duffy says in an October 2013 speech in the Senate.

**Feb. 21, 2013:** Duffy agrees to follow what he later describes as a PMO-drafted plan to cover up the source of a \$90,000 payback to the Senate.

**March 25, 2013:** Wright sends a bank draft for \$90,172.24 to the office of Duffy's lawyer.

**March 26, 2013:** \$90,172.24 is transferred to Duffy's RBC bank account, and his cheque for \$90,172.24 is delivered to the Senate. The cheque clears Duffy's bank on March 28.

**July 17, 2014:** Duffy is charged with 31 counts, including fraud, breach of trust and bribery.

THE CANADIAN PRESS

# Partisan activities, travel part of the job: Auditor

## SENATE SPENDING

### Duffy's defence bolstered by new report by auditor general

The auditor general's report into Senate spending refers specifically to partisan activities as legitimate official business — an argument that has been made by the defence in the trial of Sen. Mike Duffy.

Duffy had pleaded not guilty to 31 charges, including several that involve travel to Conservative party events which he in turn billed to the Senate.

The AG's report, a copy of which was viewed by The Canadian Press, provides definitions that were used as criteria by auditors who scrutinized the books of individual senators.

The definition of parliamentary functions reads, "Duties and activities related to the position of senators, wherever performed, and includes public and official business and partisan matters..."

Public business is defined as including "official business, representative business, partisan business and related travel, but does not include attending to one's private concerns."

The only areas specifically not included are activities related to getting a person elected to the Commons, and to the private and personal business of a senator.

Of the 30 senators who have been singled out as having questionable expenses in the auditor general's report, none appear to have been engaged in specifically partisan travel.

The contents of the aud-



Suspended senator Mike Duffy arrives to court in Ottawa on Monday. Duffy's case has been boosted by the auditor general, whose report into Senate spending backs up claims partisan activities were Senate business. SEAN KILPATRICK/THE CANADIAN PRESS



**I did as I was asked to do. I did as I was told.**

Melanie Mercer

itor general's report will be closely examined by the players involved in Duffy's trial, as well as lawyers representing suspended senators Mac Harb, Pamela Wallin and Patrick Brazeau.

Duffy has pleaded not guilty to 31 charges of breach of trust, fraud, and breach of trust in relation to his Senate office, living and travel expenses.

His lawyer, Donald Bayne, has pointed to the Senate's own rules as justifying travel

to partisan events. The Senate changed its travel policy in 2012, including a specific list of types of activities that were not to be covered by the public purse.

The court heard Monday

from Duffy's former executive assistant Melanie Mercer. She recounted how at one point during a maternity leave, she did office paperwork at home because Duffy was short-staffed.

Prosecutor Mark Holmes took Mercer through contract invoices that Mercer helped to file while working for the senator between 2009 and 2013.

The Crown has laid out previously the details of how Duffy arranged \$65,000 in contracts to be paid to friend Ger-

ald Donohue. Donohue in turn issued cheques to a series of service providers, including speechwriters, an office volunteer and a personal trainer.

When Mercer was told the names of some of the providers, she said wasn't familiar with the person's name.

She also repeatedly noted that she was following instructions from Duffy each time she filled out paperwork or communicated with Senate finance officials.

THE CANADIAN PRESS

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# PSAC campaigning to reopen offices

## VETERANS AFFAIRS

## Short videos show negative impact of closures

**Michael Woods**  
Metro | Ottawa

A campaign calling for the reopening of shuttered veterans affairs offices continues unabated despite sharp criticism from the minister in charge of the file.

The Public Service Alliance of Canada, the largest union representing federal public servants, launched the cam-

paign last week calling for the reopening of nine veterans affairs offices closed by the Conservative government in 2013 and 2014.

The campaign is made up of a series of short videos showing what PSAC contends is the negative impact of office closures on veterans.

In one video, Thunder Bay veteran Rob Cutbush — who was medically released from the military in 2005 — says his struggles with post-traumatic stress disorder have been made worse by the closure of the nearby veterans affairs office.

The campaign has prompted a strong rebuke from Veterans Affairs Minister Erin O'Toole, who wrote a letter to PSAC asking them to correct or remove the videos, saying they are at-

tempting to mislead veterans and all Canadians.

PSAC continued to share the videos widely and often on social media Monday, urging people to write to O'Toole about the issue.

But in response to O'Toole's letter, PSAC national president Robyn Benson made it clear the union stands by its campaign.

"I am shocked that Minister O'Toole would attempt to silence the voices of veterans who are speaking out," she said. "These veterans speak for themselves and continue to do so."

On Monday, a spokesman for O'Toole said the minister won't be issuing any more statements on it, but noted that he has called the videos irresponsible and dangerous.

The government has faced criticism over the office closures, but says it has increased service levels for veterans through offices that also provide other services.

— WITH FILES FROM THE CANADIAN PRESS

**I am shocked that Minister O'Toole would attempt to silence the voices of veterans who are speaking out.**

Robyn Benson

## LOW INCOME

## Ontario expands legal aid services

Legal Aid Ontario says increased government funding announced in this year's budget will mean expanded services for about 400,000 low-income residents.

People charged with crimes who don't face potential jail time but may be hit with "secondary consequences" such as loss of a job or public housing could be eligible for legal aid.

Others could qualify for legal aid if a conviction would have a significant impact on access to family and child custody, if

### DETAILS

Officials say the decision on bail often inappropriately affects an accused's decision to plead guilty, because the longer a person spends in custody, the more likely that person is to plead.

they face a risk of deportation or a risk of being added to the sexual offenders registry.

It will also be easier for adults with no prior criminal record to qualify for legal aid, especially if they are First Nation, Métis or Inuit, have a mental illness or are a victim of domestic violence charged with an offence related to the victim's partner.

Some people will be able to get legal aid to help with bail hearings to reduce the number of people in custody as they wait for a trial and to help ensure that fewer people plead guilty simply to get out of jail.

— THE CANADIAN PRESS



**Veterans Affairs Minister Erin O'Toole responds to a question during Question Period in the House of Commons in Ottawa, Monday.** ADRIAN WYLD/THE CANADIAN PRESS

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## DETAILS

Some findings of the Ontario Provincial Police report on the Oct. 22 shooting

**Finding 1** — A woman pushing a baby in a stroller yelled, "Let me in your car. Let me in your car. There is a man with a gun," to a female RCMP officer. \*\*\*\*\* directed her to immediately leave the area and looked towards the south end of East Drive.

**Finding 2** — \*\*\*\*\* saw a man run up to a black parked car carrying an object in his hands. The occupant of the vehicle got out of the car and ran very quickly towards Wellington Street. The man who approached the parked car got into the vehicle and sat in the driver's seat.

**Finding 3** — At 9:53:16 a.m., Michael Zehaf-Bibeau stated to Mr. \*\*\*\*\*, "Get out of the car and I won't kill you." Mr. \*\*\*\*\* complied with the demands of Zehaf-Bibeau and exited his car.

**Finding 4** — Just as the Chrysler 300 reached \*\*\*\*\* location, it drove past her and went west-bound on Top Drive. \*\*\*\*\* radioed her fellow officers and reported, "That's the guy. It's a black car." At 9:53:23 a.m., \*\*\*\*\* pursued the car as it drove to the west side of the entrance to the Centre Block.

METRO



A police officer secures the scene of the shooting on Parliament Hill in Ottawa on Oct. 22, 2014. ADRIAN WYLD/THE CANADIAN PRESS

## PARLIAMENT

# Security guards armed

The security force at the Ontario legislature is taking initial steps toward arming some officers for the first time, Torstar News Service has learned.

To begin with, up to 14 security personnel — including Sergeant-at-Arms Dennis Clark — are headed to the Atlantic Police Academy in Prince Edward Island this month to receive week-long training in the use of pistols.

The decision to establish an armed response unit was made by Speaker Dave Levac in March in consultation with MPPs from all three parties.

That followed the deadly attack on Parliament Hill last October by lone gunman Michael Zehaf-Bibeau, who himself was killed in a hail of bullets in the Great Hall.

"We looked at this after the incident in Ottawa and it was determined that this is the route we would go," said Clark, a retired RCMP inspector with specialized security training who is responsible for the 70-person security force at Queen's Park.

Not since the late 1990s, when the OPP detachment at Queen's Park closed and Legislative Security took over, have there been armed officers assigned to the legislature.

Clark said the goal is to have a unit of plainclothes and uniformed special constables as well trained as police forces while balancing the need to keep the legislative building a public place for the people.

Since last fall's attack, RCMP in Ottawa have been assigned responsibility for overseeing security inside and outside Parliament, replacing a patchwork of House of Commons and Senate security forces — some of whom are armed.

Clark said the decision was made to go to P.E.I. because firearms training facilities in Ontario and elsewhere were booked up. He noted legislative security officers have gone there previously for use-of-force training.

TORSTAR NEWS SERVICE

# Parliament shooting witness slams report

## ATTACKS

### Barry Willis claims several witnesses not interviewed



**Joe Lofaro**  
Metro | Ottawa

An Ottawa man who says he locked eyes with Michael Zehaf-Bibeau in the middle of his deadly rampage is raising concerns with the portrayal of

the Parliament Hill shooting in the Ontario Provincial Police's report released last week.

Barry Willis was working on fibre optic cables on Parliament Hill on Oct. 22 when he saw a man wearing a blue and white head covering, armed with a rifle, run toward him near East Block.

He immediately ducked for cover. Then, when it was safe to do so, Willis said he tried to warn an RCMP officer who was sitting in her marked cruiser up ahead.

"I screamed, 'Everybody down, terrorist on the Hill,'

everybody down terrorist on the Hill' at least four times. While jumping up and down. How can you miss me? I'm wearing an orange and red, yellow safety vest and a white hard hat. How can you miss someone doing this on the front lawn? Why didn't you move on it? Why didn't you act on it?" he said.

"There was no reaction from the RCMP."

He claims the recently completed OPP report does not accurately paint the whole picture of events on the Hill because he and his colleagues

were not interviewed.

After the shooting, the RCMP asked witnesses to contact the force with any information about shooting.

About a month following the attack, Willis contacted the OPP and the RCMP to share what he saw, but he says neither police force returned his emails.

"You don't interview the nine people who were there? How can you have an in-depth report without interviewing the nine eyewitnesses," he said.

A spokesperson for the OPP told Metro late Monday he would look into Willis' report.

## RECREATION

# Skate park named for longtime mentor

City councillors are expected to vote Wednesday on a commemorative naming project dedicated to a longtime skateboarding advocate and mentor.

Charlie Bowins passed away on March 3 after suffering a seizure in his sleep. He was 27.

His sudden passing has left a void in the local skateboarding community, so his friends thought to keep his memory alive by naming the McNabb Community Centre park as Charlie Bowins Skateboard Park.

Bowins's friend, Aaron Caver, said naming the park after him would help out the family after such a tragic loss. Somerset Coun. Catherine

McKenney put forward a motion, seconded by Coun. Diane Deans, to rename the park in Centretown.

JOE LOFARO/METRO

## BACKGROUND

### Advocate and friend

Bowins worked as a camp counsellor for more than six years with the city and volunteered with a not-for-profit group Cayer started called For Pivot's Sake, which donated refurbished skateboards to youth in social housing developments.

METRO



**We looked at this after the incident in Ottawa and it was determined that this is the route we would go.**

Sergeant-at-arms  
Dennis Clark

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# G7 puts Harper on the spot with calls for low emissions

## SUMMIT

## Leaders agree to a no-carbon economy by the year 2100

Canada's energy sector will have to transform itself to lower greenhouse gas emissions in the long term, Prime Minister Stephen Harper said Monday.

He was commenting at the end of the G7 leaders' summit, which called on its members to put their energy sectors on a low-carbon footing by 2050, a move with serious implications for Canada's greenhouse-gas-emitting oilsands.

German Chancellor Angela Merkel fell short of her goal of pushing her fellow leaders to a broad, iron-clad commitment to a low-carbon economy by 2050. Instead, the G7 agreed to a full-blown no-carbon economy, but not until 2100.

"We commit to doing our part to achieve a low-carbon global economy in the long-term, including developing and deploying innovative technologies striving for a transformation of the energy sectors by 2050 and invite all countries to join us in this endeavour," the leaders said.

"To this end we also commit to develop long-term, national low-carbon strategies."

Asked what this means for Canada's energy sector, Harper said: "Nobody's going to start to shut down their industries or turn off the lights. We simply got to find a way to create lower-carbon emitting sources of energy."

Harper took part the G7 leaders' shortened talks on climate change as the summit entered its second and final day.

**G7 GERMANY**  
2015 | Schloss Elmau



Prime Minister Stephen Harper gives his closing remarks at a news conference after the G7 Summit on Monday in Garmisch, Germany. ADRIAN WYLD/THE CANADIAN PRESS



### It's pretty clear that Canada and Japan are in a different place than the rest of the G7 on the issue of climate change.

Jennifer Morgan, director of the global climate program at the Washington, D.C.-based World Resources Institute

mate change conference this December, which aims to reach a breakthrough agreement in the fight to reduce greenhouse gas emissions.

Merkel had been pushing the G7 to endorse a pledge to reach zero carbon emissions, but Canada and Japan were holdouts.

"Canada and Japan are the most concerned about this one," said one source who was privy to

discussions but would only speak on the condition of anonymity.

"The two of those countries have been the most difficult on every issue on climate. They don't want any types of targets in there, so I think they are trying to make it as vague as possible at this point."

Harper and Merkel spoke together on Sunday, but the prime minister's office said they

## RUSSIA

Canada's prime minister expanded at length Monday on why he feels such antipathy towards Russian President Vladimir Putin and why he wanted Russia kicked out of the old G8 even before it breached Ukraine's borders.

Harper said he doesn't want Putin back because he simply doesn't share the values of the group—which, he added, is doing well in its new form after completing a second summit without the mercurial Russian leader. Harper also commended the G7 leaders' statement on the Russia-Ukraine crisis as strong, praising its commitment to keep sanctions in place and "to escalating those sanctions if necessary." THE CANADIAN PRESS

did not discuss climate change.

"It's shocking that Mr. Harper didn't even bother to bring up climate change as an issue for discussion during his bilateral meeting with Chancellor Merkel," said New Democrat foreign affairs critic Paul Dewar.

He added Harper is out of touch and sidelining Canada internationally.

Liberal environment critic John McKay said the prime minister "has embarrassed Canada on the world stage."

"Other G7 countries have very clearly identified strong and immediate actions to tackle climate change," McKay said in a statement. "Unfortunately, Mr. Harper is fixated on ensuring that he obstructs all progress nationally or internationally." THE CANADIAN PRESS

## FEDERAL ELECTION

## City leaders release platform for voters

Canada's municipal leaders have produced a platform they hope voters will use to rank parties in the upcoming federal election on issues ranging from transit to housing to expanding disaster assistance programs.

The Federation of Canadian Municipalities wants the political parties to commit to increasing funding to core infrastructure like roads, bridges and water systems by \$1.5 billion annually through a predictable system like the Gas

Tax Fund.

It also calls for tax incentives to produce more affordable rental housing, asks for consultation when introducing new crime legislation as well as for support for local governments to build and adapt climate-resilient infrastructure.

The platform, called Strengthening Canada's Home-towns, was released Monday as the federation's annual convention draws to a close in Edmonton. THE CANADIAN PRESS

## IN BRIEF

### Polygamy charge questioned in B.C. court

A polygamy charge against the leader of a fundamentalist commune in B.C. is unfair and should be thrown out since he wasn't given "fair notice," court heard. Winston Blackmore's lawyer argued that the B.C. government doesn't have the right to charge his client for historical acts of polygamy. The cutoff point should be a 2011 reference question that concluded polygamy laws did not violate the Charter, the lawyer said. THE CANADIAN PRESS

## CAMPAIGN

## Liberals detail plan for infrastructure funds

The federal Liberals have revealed more details about how they would boost infrastructure investment if elected — a proposal that would seek to entice large private pension funds to finance small-town projects.

The Liberals have come under attack in recent days from the Conservative government, which accuses them of plotting to use the Canada Pension Plan as a source of cash for their infrastructure promises.

Such a scheme would threaten to undermine the independ-

ence of the public pension plan, Finance Minister Joe Oliver warned.

But Liberal MP Adam Vaughan insisted Monday in an interview that the party is only proposing to help communities secure infrastructure cash by working with private pension funds.

The party would, Vaughan added, avoid mandating or encouraging CPP on any of its investments because of conflict of interest concerns.

THE CANADIAN PRESS

## PARLIAMENT

## New code for sexual harassment complaints

Members of Parliament have finally come up with a process for dealing with sexual harassment complaints between MPs.

The code of conduct, proposed by the Commons committee on procedural and House affairs, comes months after Parliament Hill was rocked by complaints of sexual harassment levelled by two female New Democrat MPs against two Liberal colleagues.

In the absence of a process to deal with such complaints, Liberal Leader Justin Trudeau suspended Scott Andrews and Massimo Pacetti from his caucus last November. The pair were left in limbo for months, their reputations in tatters, while the Liberals and NDP wrangled over how the matter should be resolved.

Eventually, Trudeau hired an outside expert in harassment to investigate the complaints.

On the basis of that report, which was never made public, Pacetti and Andrews both voluntarily quit the Liberal caucus permanently in March.

The proposed new process would give MPs in future a road map to follow to avoid a similar ad hoc mess arising.

It would go into effect in the next session of Parliament after the Oct. 19 election and it would apply only to allegations of non-criminal sexual harassment between MPs. Any potentially criminal offences are to be referred to the police.

The proposal includes a pledge to be signed by each MP, committing to create a "work environment free of sexual harassment" and to follow the code of conduct.

The code defines harassment broadly as "unwanted conduct of a sexual nature that detrimentally affects the work environment."

The process for dealing with harassment allegations would be strictly confidential and complaint-driven, aimed at making victims feel safe in coming forward and ending only when they're satisfied. THE CANADIAN PRESS

## PROCESS

As a first step, the chief human resources officer for the House of Commons or a party whip would be the first person to receive a complaint. Mediation would be offered at all stages in the process.

Should mediation fail and a formal complaint be filed, the human resources officer would, with the consent of the complainant, initiate an investigation, which could include retaining the services of an outside expert.

TEXAS

## Video shows officer pushing teen girl

A suburban Dallas police officer has been placed on leave after a video showed him pushing a 14-year-old girl in a bikini to the ground outside a pool and pointing his gun at other black teens.

McKinney Police Chief Greg Conley said at a news conference Sunday that the incident began when officers responded Friday to a report of a disturbance involving a group of young people at a neighbourhood pool. The police department has said they did not live in the area or have permission to be there.

When officers arrived, residents and private security pointed out the juveniles, who were "fighting and refusing to leave," Conley said.

As officers dispersed the crowd, the 14-year-old girl was

"temporarily detained" by an officer, said Conley, who did not describe what led to her detainment.

The video showed the apparently white officer pulling the girl to the ground then appearing to use his knees to pin her face-down. He can also be seen pointing his gun at other teens and cursing.

McKinney Mayor Brian Loughmiller said in a written statement that he was "disturbed and concerned by the incident and actions depicted in the video." He called for the city and police to quickly investigate.

Conley did not identify the officer or the girl. McKinney is an affluent, predominantly white city. Most of the kids seen in the video are black.

THE ASSOCIATED PRESS

SOUTH CAROLINA

## Grand jury indicts officer for murder

It didn't take long for a grand jury to indict a white former city policeman for murder in the shooting death of a black man who tried to flee from a traffic stop.

State investigators presented the case against former North Charleston officer Michael Slager to a Charleston County grand jury on Monday, and prosecutor Scarlett Wilson announced the indictment a few hours later.

A bystander's cellphone video shows Slager firing eight times as 50-year-old Walter Scott tried to run away on April 4. The killing inflamed a national debate about how black people are treated by white police officers.

But it caused no unrest in North Charleston, where com-

munity leaders and Scott's family praised the government's swift response. Slager was charged with murder by state law-enforcement agents and fired from the police force immediately after Scott's family released the video.

The grand jury that reviewed the shooting of Michael Brown by officer Darren Wilson in Ferguson, Mo., met weekly for three months, hearing from 60 witnesses. Saint Louis County Prosecuting Attorney Bob McCulloch then spoke nearly 45 minutes, describing how jurors "poured their hearts and souls into this process" before deciding not to indict anyone in Brown's death. Angry protests and riots ensued.

THE ASSOCIATED PRESS

### IN BRIEF

#### Pistorius to be released from prison on good behaviour

Oscar Pistorius will be released from prison for good behaviour on Aug. 21 and go under house arrest after serving just 10 months for killing girlfriend Reeva Steenkamp, South Africa's department of corrections said Monday. Pistorius was acquitted of murder and found guilty of manslaughter last year. Prosecutors will again seek a murder conviction at the Supreme Court of Appeal in November, the court announced, also on Monday.

#### UN exempts Israel from list of parties that kill children

Secretary-General Ban Ki-moon's latest list of parties that kill or injure children in armed conflict does not include Israel — as some UN officials had recommended — but the UN chief strongly criticized Israel for the "unprecedented and unacceptable" scale of its violence against young people. Ban said in a report circulated Monday that the thousands of Palestinian casualties raise concerns about Israel's compliance with international law. THE ASSOCIATED PRESS



Members of the New York State Department of Corrections and Community Supervision emergency response team search a wooded area in Dannemora, N.Y., on Monday for two prisoners who escaped from the Clinton Correctional Facility.

MIKE GROLL/THE ASSOCIATED PRESS

# \$100,000 reward for escaped killers

NEW YORK STATE

### Convicts used power tools to break out

Investigators are looking into whether civilian employees or private contractors helped two murderers obtain the power tools they used to break out of a maximum-security prison near the Canadian border, New York's governor said Monday.

Gov. Andrew Cuomo said during a round of appearances on television morning news shows that he would be shocked if a prison guard was involved in the

escape from Clinton Correctional Facility in Dannemora.

Cuomo said the two killers may have crossed into Canada or left for another state or could even have headed toward Mexico.

Canada Border Services Agency on the weekend sent a "look out" on the escape to its officers and said Monday it continued to exercise its usual vigilance.

Officials said David Sweat, 34, and Richard Matt, 48, cut through steel walls at the back of their adjacent cells and sliced through steel pipes while making their "Shawshank Redemption"-style breakout, which guards discovered early Saturday. Sweat and Matt were still on the loose Monday.

**They are murderers ... and our first order of business is apprehending them.**

Gov. Andrew Cuomo

Investigators are interviewing hundreds of civilian employees and the contractors who have been doing extensive renovations at the 170-year-old prison.

Cuomo said.

"We're going through the civilian employees and private contractors first," he said on NBC's Today show. "I'd be shocked if a correction guard was involved in this, but they definitely had help. Otherwise, they couldn't have done this on their own."

A \$100,000 reward was posted over the weekend for information leading to men's capture.

Sweat was serving a sentence of life without parole for the 2002 killing of a sheriff's deputy. Matt had been sentenced to 25 years to life for kidnapping, killing and dismembering his former boss in 1997.

THE ASSOCIATED PRESS

IRAQ

## Obama concedes military training setbacks

Acknowledging military setbacks, President Barack Obama said Monday the United States still lacks a "complete strategy" for training Iraqi forces to fight the Islamic State of Iraq and the Levant (ISIL) group. He urged Iraq's government to allow more of the nation's Sunnis to join the campaign against the militants.

Nearly one year after American troops started returning to Iraq to assist local forces, Obama said ISIL remains "nimble, aggressive and opportunistic." He touted "significant progress" in areas where the U.S. has trained

Iraqis to fight but said forces without U.S. assistance are often ill-equipped and suffer from poor morale.

ISIL fighters captured the key Anbar provincial capital of Ramadi last month, prompting Defense Secretary Ash Carter to lament that Iraqi troops lacked "the will to fight." That was a strikingly negative assessment of a military that has been the beneficiary of billions in U.S. assistance dating back to the war started during the administration of George W. Bush in 2003.

Still, Obama indicated that

simply increasing the number of Americans in Iraq would not resolve the country's issues. The U.S. currently has about 3,000 troops there for train-and-assist missions.

"We've got more training capacity than we have recruits," he said at the close of a two-day Group of Seven meeting at a luxury resort tucked in the Bavarian Alps.

G-7 leaders invited Iraqi Prime Minister Haider al-Abadi to join them Monday for talks on the security situation in the Middle East. Obama and Abadi also met one-on-one shortly before the

president departed for Washington.

In both public and private, Obama urged Abadi and his Shiite-led government to allow more Sunnis to fight ISIL. The White House has long blamed Iraq's sectarian divisions for stoking the kind of instability that allowed the militants to thrive.

"We've seen Sunni tribes who are not only willing and prepared to fight ISIL, but have been successful at rebuffing ISIL," Obama said. "But it has not been happening as fast as it needs to."

THE ASSOCIATED PRESS

# Triple Crown champ racing to snag deals

## MARKETING

## Owners look to cash in while interest is still high

American Pharoah's owners and thoroughbred racing now have a new race to run: a race to capitalize on the horse's Triple Crown victory before the excitement fades away.

As the first winner of the sport's Triple Crown in 37 years, American Pharoah has a wealth of marketing opportunities that could never have

been imagined by owners of the last winner, Affirmed, in 1978. At the same time, horse racing has declined into a niche pastime that is facing an aging demographic, a shrinking number of race tracks and competition from new ways of betting.

American Pharoah's owner, Ahmed Zayat, has already struck sponsorship deals with Monster energy drinks and a private-airplane membership company called Wheels Up.

Deals for merchandise are already in place, including one with Fanatics, according to Ben Sturmer, CEO of Leverage Agency, the firm Zayat hired to market American Pharoah.

As the winner of a crown that went unclaimed for so long that it seemed it would never be won again, American Pharoah will without question sell more merchandise and attract more sponsorship deals than any horse in recent memory.

THE ASSOCIATED PRESS

### HUGE FEAT

The Triple Crown honours a winner of three prestigious races: the Kentucky Derby, the Preakness Stakes and the Belmont Stakes.



American Pharoah, the first horse to win the Triple Crown in 37 years, is in a race to capitalize on its win. THE ASSOCIATED PRESS

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## CATTLE

## Herds at tipping point as prices rise

Shocked by what the local grocer is charging for your favourite steak or ground beef for the grill? You're not alone. Industry experts have warned a cattle shortage would send prices through the roof this year.

Sylvain Charlebois, a professor with the University of Guelph's Food Institute, says retail beef prices have risen about 40 per cent over the past three years and the trend has continued to build each month from January through April.

Kevin Grier, an independent food-industry analyst in Guelph, Ont., says the North American

cattle herd has been on the decline for about 15 years, but 2014 and 2015 has been "kind of a tipping point." Grier says he's been swamped by calls about beef prices, which he monitors.

Charlebois says Canadian ranchers and farmers are benefiting from the higher prices for their cattle but they're cautious about expanding their herds because of the costs, time and potential risks — noting that cattle prices dropped 70 per cent overnight on May 20, 2003, after an outbreak of mad cow disease.

THE CANADIAN PRESS

### IN BRIEF

#### Housing sector picks up

Canada Mortgage and Housing Corp. said housing starts hit a rate of 201,705 units in May, up from 183,329 in April after a slow start to the year. The increase was driven by multiple-unit projects in Ontario, the Atlantic region and Quebec.

THE CANADIAN PRESS

### market minute

	<b>DOLLAR</b>	80.66¢ (+0.27¢)
	<b>TSX</b>	14,743.33 (-213.83)
	<b>OIL</b>	\$58.14 US (-99¢)
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# metr**IEWS**

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## the big number

# 2°C

**is the target the G7 set Monday for the maximum increase in global temperatures above pre-industrial levels. Despite resistance from Japan and Canada, the coalition of rich nations will enter December's United Nations climate conference as a united front. Temperatures have already risen 0.85 C since 1880, causing rising seas and aggravating natural disasters. If current trends continue, in 17 years we will blow our carbon budget and make a 2 C increase inevitable. The UN warns a spike higher than 2 C would be disastrous and 4 C apocalyptic.**

SOURCE: REUTERS

## Enforcement of new law tougher than it sounds

### YOUR RIDE

**Kathryn Hunt**



Last week saw a unanimous vote for Bill 31, an amendment to the Ontario Highway Traffic Act. One of the changes is stiffer penalties for distracted driving and cycling. Drivers must also leave a metre of space when they pass cyclists — something cycling advocates have eagerly anticipated.

Reactions varied, depending on the person. Some aggrieved drivers saw the bill as another example of the "war on cars," citing the one-metre rule in particular as being onerous to drivers and an unnecessary concession to a small population of road users. At the same time, some cyclists worried that in places the wording of the rule — par-

ticularly the words "as may be practicable" — would make it more or less unenforceable.

The key is enforcement and education. Passing the bill is all well and good, but if it's not enforced and made clear to road users, it may not have the immediate effect expected by either its detractors or supporters.

"This needs to work in partnership with an education program," New Democrat MPP Wayne Gates noted during the debate over the bill. "We can't just jack up fines and assume people will stop doing it."

Misconceptions about the rules of the road already abound, especially about interactions between drivers, cyclists and pedestrians. And for many of the new rules, enforcement is tougher than it sounds at first. I have spoken to cyclists and drivers who tried

to report someone texting and driving; they had to be able to give the police the licence number and a description of the driver in order to get action.

Reporting passes closer than one metre is even more problematic, since there is usually no way to prove it.

A few cyclists have cameras on their handlebars or helmets, but I know of at least one cyclist who tried to use video evidence to report an aggressive driver, only to be told it was not admissible.

The best option, it seems, is a fairly extensive education plan and possibly, as some have suggested, a concerted enforcement blitz by plainclothes officers on bicycles or posing as pedestrians.

**The best option, it seems, is a fairly extensive education plan and possibly ... a concerted enforcement blitz by plainclothes officers on bicycles or posing as pedestrians.**

**Kathryn Hunt (@k8thek8)** is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at [theincidentalcyclist.blogspot.ca](http://theincidentalcyclist.blogspot.ca).

## ROSEMARY WESTWOOD

**metroview**



## Touch trumps text. But that doesn't mean text is trivial

I fell in love, in part, over Skype. Don't worry, it's more icky for me to write than for you to read.

(This column was not paid for by Skype.)

For months, C. — an American living in New Orleans — and I had been talking mostly through letters (yes, the old-fashioned kind) and a few texts after a chance meeting while on vacation. When we finally decided to Skype, it felt big. Like first-date big.

I remember self-consciously cleaning my apartment as if he were actually coming over.

And when I saw him, I was overwhelmed. From looking (or so it felt) into his eyes and hearing his voice, something in me became convinced (sappy, I know). An hour later, I booked a two-week visit to New Orleans.

That's why, one day over Skype a few months back, I suggested to him, only half-joking, that we have two anniversaries: "The first is when we met. The second is when we first Skyped."

C. has a habit of rolling his eyes. He works with kindergartners and claims he picked it up from them: the slow, exaggerated pupils-hanging-in-the-rafters kind of eye-rolling.

"No," he said. "Nope."

I get it. "Happy First Skype Anniversary!" is an exceptionally bad Hallmark card.

But in the modern long-distance relationship,

beggars for romance can't be choosers. If a special moment happens to take place through computer-mediated communication, to use the academic phrase, does that make it any less of a special moment?

I don't think it does.

In fact, researchers looking into long-distance dating relationships have shown that couples tend to communicate better — and even feel more intimately connected — when they're apart, thanks to technology.

When all you have is conversation, you end up learning a lot and sharing a lot. When you can't kiss the person you love, imagine what you might say to them instead.

The digitally enabled feelings are also real. In that first Skype call with C., though we weren't in same room, I could still feel the pull of him. The attraction was as visceral as our first drink at a bar. (No one says swooned, anymore, right?)

I will never argue that seeing C. on a video screen is enough. We're doing long-distance out of necessity, so we can eventually be together and really share a life.

In the end, touch trumps text. But that doesn't mean a text is always trivial. And if there's such a thing as love at second sight, it happened to me, no joke, on Skype.

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# Apple Music app connects it all

## LATEST FROM APPLE

### Many elements come together for a new way to listen

Apple announced Monday that its new music app will cost \$10 a month for one person or \$15 a month for a family of up to six people.

Eddy Cue, Apple's senior vice-president of Internet software and services, said the first three months of Apple Music will be free.

Cue said Apple Music will launch in more than 100 countries at the end of the month with a software update. It is also coming to Android devices in the fall.

He showed off some features, including the app's integration with Siri, Apple's voice-activated assistant at Apple's Worldwide Developers Conference in San Francisco Monday.

Siri took requests like "Play the song from Selma," "Play the top song from May 1982," and "Play the Top 10 songs in alternative."

Jimmy Iovine, co-founder of Beats Electronics, introduced Apple Music, an app that combines a 24-hour, seven-day live radio station called Beats 1 with an on-demand music



Apple VP Eddy Cue, left, high fives with Drake at the launch. Top: Apple Music on iPhone 6. MAIN PHOTO: GETTY IMAGES; TOP PHOTO: APPLE

streaming service.

Beats 1, led by former BBC host Zane Lowe, will be broadcast live out of Los Angeles, New York and London.

The app will also give artists a forum called Connect to allow them to interact with fans by releasing demos, playlists, sound bites, videos and songs.

Drake was on hand at the

conference to help introduce the program. The Toronto rapper also said he would release his new album through Connect.

"Instead of having to post your stuff on these different and sometimes confusing places, it's all in one place: Connect," said Drake.

Iovine said the app brings

together elements of the music world that are confusing and currently spread across many apps.

#### The back story

Apple's iTunes helped change the way music lovers bought their favourite songs,

replacing plastic discs with digital downloads. Now the maker of iPods and iPhones wants to carve out a leading role in a revolution well under way.

With millions of listeners already tuning in to streaming outlets like Pandora and Spotify, analysts and music-industry sources say Apple Music is aimed at winning back some of those customers and nudging longtime iTunes users into a new mode of listening.

Analysts say the company needs to build a robust streaming business if it wants to maintain its central role in the popular-music ecosystem.

Most recordings today are still sold through digital stores like iTunes, which opened in 2003. But those sales have declined, while streaming services are rapidly gaining

## PAY TO LISTEN

### Putting a price on music streaming in Canada

How much are Canadians willing to pay to stream music?

Nielsen Entertainment polled consumers on how much they'd be willing to spend monthly for unlimited streaming of songs and albums without advertising.

The respondents, on average, said they would be willing to devote \$6.20 per month or up to \$7.80 for high-quality audio.

Those numbers lie in the middle of the range of options offered by streaming services in Canada.

Streaming volume is up 94 per cent since Nielsen began tracking streaming in Canada in July 2014.

THE CANADIAN PRESS

subscribers and revenue.

"Streaming media is increasingly important to the computer-using experience, so it's important for Apple to have a role there," said Creative Strategies analyst Ben Bajarin.

THE ASSOCIATED PRESS



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THE BUSINESS OF MUSIC FESTIVALS

# More bang for your buck

## SOUND CHECK

Alan Cross



On Friday, March 21, 1952, 20,000 kids piled into the Cleveland Arena at the behest of DJ Alan Freed to see almost a dozen acts perform the songs heard on his WJW-AM radio show. Although this has been called the first-ever rock 'n' roll concert, the sheer number of performers also allows us to call this the first rock festival.

None of the acts that night — Paul Williams, Tony Grimes and The Dominoes among them — could possibly draw that many people on their own. But when bundled together on a single bill, the appeal intensified exponentially. It was also cost-effective. Shared resources kept overhead low and margins fat.

Festivals soon went on the road. Buddy Holly was part of the Winter Dance Party with the Big Bopper, Richie Valens, Frankie Sardo, and Dion and the Belmonts when his plane went down in that Iowa cornfield. Dick Clark's Caravan of Stars took

artists from Chuck Berry to the Yardbirds to the people between 1959 and 1967.

The stationary rock festival really began with Monterey in 1967, attracting an unprecedented 90,000 people. But then messy Woodstock and the disastrous Altamont followed in 1969, killing much of the appetite for festivals for the next couple of decades. (Europe was a different story; there's a long tradition of people standing in a muddy field for a weekend of music.)

Old-school travelling festivals made a comeback with Lollapalooza in 1991. Added together, a pack of fringe-y alternative acts proved once again you could attract tens of thousands of fans with a package tour. Its success spawned a number of travelling shows including Warped, Edgefest, Summersault and Another Roadside Attraction.

Today, festivals are an important part of the summer touring strategy. But instead of a bunch of artists touring together in a self-contained way, individual artists make the rounds of festivals. Things start with SXSW in March and continue through Coachella, CMW, Sasquatch, Governors

## SEE 'EM PLAY

Some of the big headliners at upcoming Canadian music festivals:

- Kendrick Lamar, The Black Keys @ Pemberton Music Festival in B.C.
- Kanye West, The Tragically Hip @ Ottawa Bluesfest
- Sam Smith, alt-J @ WayHome in Oro-Medonte, Ont.
- Alexisonfire, Wu-Tang Clan @ Riot Fest in Toronto
- Purity Ring, Alvvays @ Halifax Pop Explosion

METRO

Ball, NXNE, Bonaroo, Sled Island, WayHome, Firefly, Pemberton, Lollapalooza and Rifflandia plus three Edgefests and three Riot Fests. (There's a lot more, but you get the idea.)

A tour that hits festivals makes great financial sense — and for a great collective cultural experience. Acts of all sizes get to play in front of massive numbers of people. Fans get to enjoy dozens of acts in one place for one price. And while logistically challenging, it makes great sense for promoters, agents, managers and record labels.

Upon interacting with the Brit producer, it becomes clear he's likely the type to peel from the spotlight. But with *In Colour* garnering rave reviews, he'll have to endure the attention.

# Jamie xx succeeds with solo album

## INTERVIEW

## Jamie xx on his solo debut and befriending Caribou

On his incandescent solo debut, *In Colour*, Jamie xx faced an opportunity to wrest the spotlight for himself. Instead, he chose to invite his xx bandmates to bask in the record's biggest moments.

Romy Madley Croft contributes her haunting vocals to the wistful *See Saw* and the cathartic *Loud Places*, while Oliver Sim's icy croon elicits the album's most resounding echo of the xx on *Stranger in a Room*.

"They're the easiest people for me to work with and the best, because I know them so well," said Jamie xx (née Smith) during a recent interview in Toronto.

"They're the reason I'm able to make this record in the first place. It wouldn't make sense without them."

Upon interacting with the Brit producer, it becomes clear he's likely the type to peel from the spotlight. But with *In Colour* garnering rave reviews, he'll have to endure the attention.

### The record finds a great balance between conflicting feelings.

I enjoy sad music, but then as soon as I'm making music that I'm happy with, I feel the happiest I've ever been.

So I think what comes out is a juxtaposition of melancholy and joy.

### You collaborated with Caribou (Dan Snaith from



Jamie xx goes solo with *In Colour* (inset). MICHAELANGELO MATOS

### Dundas, Ont.) on a long mix. How familiar are you with him?

I've known him a long time now. I used to go listen to him play at (London club) Plastic People, and I'd be waiting for him to finish to go and chat about records.

Eventually, the band started taking off and we just got to know each other. And we were similar-minded, I guess.

I'm a fan of his music, definitely. I listened to him back when he was Manitoba, in the early days of me making music.

### Is there pressure on you to wrap up the new xx album?

There's not really pressure, except from ourselves to have some sort of deadline so that we don't just endlessly make music. THE CANADIAN PRESS

## REALITY TV

## Master P's brood coming to TV

Hip-hop mogul Master P said his new show brings something that's missing from reality TV: positivity. The rapper invited cameras to follow his life with five of his children, ages 10 to 25, for Master P's Family Empire.

"We're about to make it cool to watch good, positive, family TV," said Master P. "The Kardashians are entertaining, but what we're doing is positive entertainment, which is supposed to not be cool. With my family, we're going to make it cool, because we've been cool our whole lives."

The show, set to launch in November on Reelz, will follow the single dad as he navigates raising his youngest children while his oldest carve out entertainment careers. Son Romeo, 25, is a rapper and actor. Son Veno, 22, is a model. Daughter Cymphonique, 18, is a Nickelodeon star and aspiring singer-songwriter. The youngest boys are Hercy, 12, and Mercy, 10.

"Whatever the stereotype of what a hip-hop family looks like, we'll show them what it do look like," said Master P.

"My music is hard and street,



Master P and son Romeo, 25. DOUGLAS JONES/REELZCHANNEL VIA AP

but me, I'm more of a laid-back guy," he said. "The music is like my job, but when my job is over, I come home and am a dad to my kids, like Arnold Schwarzenegger in *Kindergarten Cop*."

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## URBAN ETIQUETTE ELLEN VANSTONE



## The question What's the proper way to end a text conversation?

you will survive. See what I just did?

I saw that you were going to waste my time with excessive communication in your needy state, and I took control. I wasn't rude about it. I didn't just ignore you and leave you hanging. I didn't offer transparent lies about my phone falling into the toilet. Or that someone was at the door. Or that I was running late for whatever. I explained my actions, and respectfully ended the conversation.

And both of us will be better off for it — me because my time will be put to better use helping you instead of indulging your needy behaviour; and you, because you will be helped by learning that it's OK to end a conversation.

We all have friends who over-text. Some of us, in our day, have been over-texters ourselves, madly sending messages and witty emoticons late into the night when

Dear Ellen,  
What's the proper etiquette for ending a text conversation? I have one friend who texts a lot, and I want to be polite and always text back, but the conversation never seems to end, she just keeps texting, and if I don't respond she sends 10 more texts to ask if I'm okay, or if I'm mad or whatever, and then I have to respond, but when I ...  
— Lindy

Dear Lindy,  
Sorry I had to cut off your question there, and sorry if it hurt your feelings but I'm doing it for my own good. And



we've been lonely or bored, overly refreshed, or simply overtired.

The over-texter is like a rat in a lab experiment, compulsively pressing that damn lever (or send button) to get a food pellet (or reply) for a momentary jolt of pleasure and affirmation (I exist! I exist!).

But here's the problem. When the food pellets (or replies) arrive intermittently, the compulsive behaviour is reinforced even more strongly! This kind of random reinforcement has been clearly demonstrated in studies of both flying rats (pigeons) and slot-machine gamblers (humans).

This is why it's important to be firm and crystal clear when you end a text conversation. You don't want your rat-brained friend to go haywire at the food-pellet lever, and you don't want them to suffer when they don't get a reply.

Don't worry. They'll survive. Or maybe they'll find a new victim. Either way, you're off the merry-go-round of their addictive texting, and you can rest assured you have behaved correctly.

Need advice? Email Ellen at [scene@metronews.ca](mailto:scene@metronews.ca)

### WORK STRESS

#### New job dangerous for waistline, study finds

Job stress is often blamed for weight gain, but perhaps previous studies have been wrong. A new study published in the June 4 issue of the International Journal of Obesity showed no link between job stress and weight gain or obesity.

The one group that did gain weight was made up of men and women who went from a relatively stress-free work situation into one where they experienced more anxiety.

This suggests that a change in job stress levels might be more important to weight gain than a consistent level of stress.

Thus, a new job with an increase in workload and pressure would be more dangerous for the waistline than daily work-related stress. AFP



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# LEARNING CURVE

## Adding to your resumé

Navigating the world of summer internships can be tricky. There is a lot to think about when deciding whether to take on an internship during your summer break, but the main consideration for many post-secondary students is finances, says Tracey Lloyd, director of career and counselling services at Centennial College in Toronto.

"Only those who are financially able tend to participate in unpaid internship opportunities during the summer," Lloyd says. "The summer months are critical earning periods for most students."

With a preference toward paid opportunities, Lloyd says that in some creative sector



SHUTTERSTOCK

programs, journalism for example, unpaid internships are common and can offer valuable learning experiences. But she warns that unpaid opportunities should be carefully researched.

"Students can be taken advantage of,

young people in particular," she says. "Look at the company's track record and examine whether it is a reputable company. Do they have a formal internship program with a formal training program and supervision

provided for interns? Also, explore how meaningful and relevant the job duties are to your future career goals."

It's also important to keep in mind that unpaid internships are usually full time, Lloyd says, making it difficult to balance an internship with paid part-time work.

Once you have decided that an unpaid internship will be viable, you will have to put in some legwork. Finding an internship will involve reaching out to your network, speaking to teachers and other faculty members who may have connections in the industry in which you want to intern, and approaching companies that are of interest to you, especially those you may want to work for after graduation.

"Similar to when looking for a paid job, tell everyone you know," Lloyd says. "You never know who will provide a good lead for you."

Lastly, Lloyd suggests approaching the internship as if it was a paid opportunity.

"This is a chance to prove yourself, expand your network and make a great impression on the employer. Always do your best, work hard and don't burn any bridges."

- Izabela Szydlo

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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.



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## BECOME THE FACE OF CHANGE

Are you passionate about social justice, reconciliation and peace building? Courses offered through the Saint Paul University (SPU) school of conflict studies may be of interest.

Are you interested in helping others with their personal, interpersonal and spiritual growth? Saint Paul University's school of counselling, psychotherapy and spirituality may be for you.

How about how people act and live in the world? The programs offered through the school of public ethics may help you find answers.

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for a specific ministry or for pastoral work? The faculty of theology studies critical thinking, religious freedom and service of the faith.

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Located in the heart of Ottawa, Saint Paul University (est. 1848) is the founding college of the University of Ottawa, with which it has been federated since 1965. A bilingual institution, it offers undergraduate and graduate study programs. SPU is known for its small class sizes, personalized service, diverse student population and international vision, solid reputation, rich history, and Catholic intellectual tradition.

There is still time to apply for classes that begin in September.

For more information, visit [ustpaul.ca](http://ustpaul.ca).



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# How to improve your sleep quality

## *NutriChem addresses the biochemical causes of insomnia*

According to Statistic Canada, one in seven Canadians suffers from insomnia (problems falling asleep or staying asleep). The impact of insomnia on overall health is continuously being investigated, but research shows that a lack of sleep or poor sleep quality is associated with an increased risk of heart disease, diabetes, obesity and depression. In fact, Canadians with chronic disease have a higher incidence of insomnia.

"As a naturopathic doctor, I continuously tell my patients that if there is one thing they should do to improve their health it's to get enough sleep," says NutriChem clinician Dr. Tanya Manikkam ND. "Our bodies repair themselves during sleep, and lack of sleep may lead to a multitude of health concerns."

The amount of sleep one needs is up for debate, but most health practitioners agree that eight to 10 hours of sleep every night is ideal. For people who suffer from

insomnia this may seem impossible without medication, but, Manikkam says, most sleep medications are addictive and can have side-effects such as brain fog or drowsiness. By addressing the biochemical causes of insomnia head on, NutriChem Pharmacy and Clinic helps insomniacs get off their medications and improve their sleep.

"Magnesium deficiency is a common contributor to insomnia," Manikkam says. "For such individuals, supplementing with magnesium glycinate before bed can make a significant difference in sleep quality."

Other biochemical causes of insomnia include a lack of melatonin (the hormone that helps us sleep), which tends to diminish with age, or a lack of progesterone, which is especially common in perimenopausal and menopausal women. Both of these issues are easily resolved under the guidance of a NutriChem clinician.

NutriChem has two locations in Ottawa. Its clinics offer extensive biochemistry testing from which the clinicians develop comprehensive treatment plans. NutriChem works with a growing list of physicians and most of its services are covered by extended insurance plans.

For more, visit [nutrichem.com](http://nutrichem.com).

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Caroline, a NutriChem client



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# THE GOOD FRIGHT

Canadians are facing their fears to raise funds for the Canadian Cancer Society's Fearless Challenge



Scan to see Ian Cooper Cole of Toronto face his fears.

We all love to watch someone triumph over their fears. That's why we line up to ride roller coasters or tune in to watch talk show host Ellen DeGeneres routinely prank her guests about their phobias.

From spooky spiders to singing in public, we all face things that make us feel uncomfortable. And

every year, almost two hundred thousand Canadians will have to face a fearful uncertainty: a cancer diagnosis. The Fearless Challenge, a unique fund-

their fears," says Mike Kirkpatrick, director of marketing at the Canadian Cancer Society. "No fear is too big, too small or too squeamish when it comes to supporting the cause."

Last year, Katie Musgrave vowed to face her fear of teenage-style embarrassment by revealing the name of her secret high-school crush on Facebook. In the end, Musgrave says, the experience was "kind of liberating." She raised nearly \$600 and is already planning her 2015 challenge.

## SCARING IS CARING

Everyone's fears are different, so Fearless Challenge participants can customize their pledge by confronting their fears creatively. A visit to the Fearless Challenge website ([fearlesschallenge.com](http://fearlesschallenge.com)) shows Canadians from all walks of life confronting a wide variety of fears, from guys who'll shave their beards even though they're scared of what they'll look like underneath to folks who'll face their food aversions.

Farah Ismail is not a fan of spicy food in general, so for her challenge she promised to eat the hottest thing she could think of — a ghost pepper — for \$750. By sharing her challenge, she found a community of cheerleaders from her social network and, with the help of a jug of chocolate milk to wash it down, she met her personal goal.

For donors, the fun is being able to follow each participant's journey on their Fearless Challenge website or through social media. It's the emphasis on sharing stories that makes the campaign



## CHALLENGE YOUR FEARS

As Winston Churchill once said, "We have nothing to fear but fear itself." We all have things that make us uncomfortable: from heights to clowns to butterflies. One of the best ways to overcome these trepidations is with the support of friends and family. Use the hashtag #FEARLESSCHALLENGE on Twitter, Facebook and Pinterest to share your stories about what makes you feel uneasy. You'll soon find that you're not alone!



### #FEARLESSCHALLENGE



@ccprmaven Yeah I did. Completed the @cancersociety's #FearlessChallenge doing #EdgeWalk to confront my fear of heights!



@EditorWelton Public pledge to face phobias in #FearlessChallenge for @cancersociety: [bit.ly/Xpd8Ce](http://bit.ly/Xpd8Ce)



@wildmagnolia13 My name is there! RT @RachaelAncheril: To you amazing ppl who supported me in #fearlesschallenge for @cancersociety.

raiser launched last year by the Canadian Cancer Society, asks "What if we could take the fear out of cancer by facing our own fears?"

The Fearless Challenge invites Canadians to confront their fears — and help those living with cancer do the same. All you have to do is decide what makes you squeamish or scared and how you want to face it.

## PYTHON PARTY

Ian Cooper Cole of Toronto has had a lifelong aversion to snakes. "As a grown man, I realized it was kind of ridiculous," Cole says. Last year, he pledged to touch a python if he could raise \$400 for the Fearless Challenge. At the end of his campaign, he'd raised \$600 and made a YouTube video of himself getting up close and personal with a variety of serpents, including a Burmese python named Rambo.

"The Fearless Challenge is a fun and empowering way for people to overcome

so emotional and inspiring.

The initiative operates a bit like a crowd-sourcing project, such as Kickstarter or IndieGogo. It's designed to reward action rather than passive giving.

Ismail's network not only provided the emotional support she needed to carry out her pledge, it also helped her surpass her fundraising goal — raising over \$1,900.

In the age of selfies, taking the Fearless Challenge makes it fun to perform a selfless act such as raising money for cancer research, support services for patients and their families and other important work. Just pick your fear, visit the site and start your campaign. You may be surprised at how many people will help you face your fear.



- 1 DOWNLOAD METRO NEWS APP
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Scan to see Sarah &amp; Gina's Fearless video.

**O**n January 1, 2015, lifelong friends Gina Jungk and Sarah Vandenberg found themselves shivering on a platform in the middle of the Tay River in Perth, Ontario. They had decided to start the New Year by taking a giant leap outside of their comfort zone and into the icy water as part of the Canadian Cancer Society's Fearless Challenge.

The Ottawa-area women had participated in traditional charitable fundraising in the past. But, as they wrote on their Fearless Challenge website, they were attracted to the Fearless Challenge because it let them do something a little on the crazy side for their donor's amusement.

Confronting fear is nothing new for Jungk. "I've done some exciting things in my life, like skydiving, bungee jumping and swimming with sharks," she says. "Sarah and I decided to choose a challenge that we simply thought was unappealing. Who wants to jump in freezing cold water on New Year's Day?"

"Gina was the one to introduce me to the Challenge," says Vandenberg. "With her mom's recent diagnosis of advanced lung cancer and my mother passing away from

# MAKING A SPLASH

How two Ottawa women used the buddy system to get out of their comfort zone



liver cancer when I was 17, we decided that we wanted to do something active."

After her mother's diagnosis, Jungk began to think about fear and fundraising in a different way. "When people who have previously gone through this tell you it's a rollercoaster ride in the worst way possible, they aren't exaggerating," she says. "With all the downs, there are ups and you definitely learn some valuable and positive lessons. The biggest lesson of all though is to never sweat the small stuff.

"The idea of us doing something fun and positive was a way to help take control."

The duo also realized that taking part in Perth's annual Polar Bear Plunge would be something that people would pay good money to see. "We were right," says Jungk, "because our original goal was \$2,000 and we raised a little over \$3,000."

She says jumping in the freezing water was fun for those who watched but not for those who had to jump. "As much as we are both active people, jumping into an icy river is something we would never have volunteered for," says Vandenberg. "It's a huge shock to the system, but if you

just keep swimming and moving, you can get out and recover from the awful bitter cold."

For those who want to take the plunge and sign up to face their own fears, Jungk suggests going in with a friend. "Sarah is my best friend and has been one of the biggest supports I've had, especially over the last two years," she says. Through [fearlesschallenge.com](http://fearlesschallenge.com), people can register as a team or as individuals.

"Make it as fun as possible," Vandenberg adds. "Do something your friends and family would want to be a part of. Make it as shocking as you can handle, whatever extreme that may be."

With the support of each other and their social network, says Vandenberg, the pair now have "a story we will be sure to tell for the rest of our lives.

"People with cancer have no choice but to deal with their fear each and every day," she says. "So why not face yours to help put an end to cancer?"

## Famous Phobias



**Katie Holmes**  
The actress and model is seriously creeped out by raccoons.



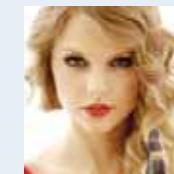
**Orlando Bloom**  
This English actor has a phobia of pigs.



**Channing Tatum**  
This Hollywood hunk's top phobia is porcelain dolls.



**Oprah Winfrey**  
This media mogul's fear? Chewing gum!



**Taylor Swift**  
This pop queen is most scared of being framed for a crime.



# FEARLESS CHALLENGE

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To see the video, scan the Fearless Challenge Logo with your Metro App.



# metro SPORTS

Edmonton rusher John White will likely miss the CFL season with a ruptured Achilles

Tuesday, June 9, 2015



## 'The Sinclair of defenders'

### WOMEN'S WORLD CUP

#### Buchanan playing beyond her 19 years: Canada coach

It's early days yet but teenage defender Kadeisha Buchanan is thriving at the Women's World Cup.

Canadian coach John Herdman acknowledged that some of his players made some nervy, nearly costly mistakes during the early stages of Saturday's 1-0 win over China in the tournament opener. But not Buchanan.

"There's no jitters there," Herdman said admiringly. "That's a kid 19 years of age who just stepped and played like THE best centre back in the world. Look, I'm going to give her that label. That was as good a performance I've seen under that sort of pressure from a centre back."

Canada needed a strong showing from Buchanan on the weekend. Centre back partner Lauren Sesselmann had an erratic outing.

Buchanan certainly looks right at home. Physical and fearless, she is extremely hard to beat one-on-one. She also has the strength and athleticism to recover if an attacker gets a foot up on her.

Her battles with veteran American striker Abby Wambach, who is at the other end of her career, have been relatively few but memorable, with Herdman gleefully giving the edge to his player.

### DAY 3 ACTION

Sweden had a pair of leads erased by Nigeria as the two teams played to a 3-3 draw in their opening match in Group D. For Monday's other results, including the U.S.-Australia match, go to [metronews.ca](http://metronews.ca).

"I'm not frightened to say it. She's the Sinclair of defenders," Herdman said in May 2014 after Buchanan and Wambach faced off in a 1-1 draw in Winnipeg. "She's that good."

"Abby Wambach's scored 200-plus goals in her career. And Kadeisha Buchanan was the better player tonight," he added, rubbing salt in the wound.

The Toronto native was 17 when she made her senior debut against China in January 2013. Buchanan now has 36 caps.

On Thursday, she will lead the Canadian defence against a New Zealand side with its back against the wall after a 1-0 loss to the Netherlands.

Buchanan says she is focused but relaxed on the pitch "because I know the hard work that I put in, it'll just flow right through me." THE CANADIAN PRESS



**I used to be super-nervous around Sinclair ... I was a huge fan of hers.**

Kadeisha Buchanan, who isn't easily ruffled



Canada's Kadeisha Buchanan, left, and China's Wang Shanshan battle for the ball in Edmonton on Saturday. JASON FRANSON/THE CANADIAN PRESS



Connor McDavid speaks during a media availability in Chicago on Monday. BRUCE BENNETT/GETTY IMAGES

### NHL

## McDavid on whirlwind tour

Connor McDavid stood in the crowded Chicago Blackhawks locker-room and chatted with Steven Stamkos of the Tampa Bay Lightning down the hall.

An appearance at the Stanley Cup final with other top prospects was just the latest stop on McDavid's rock-star tour before the Edmonton Oilers, as expected, draft him first overall later this month. Along the way, McDavid has been to the Memorial Cup and the scouting combine and gotten to know fellow top prospect Jack Eichel.

### STANLEY CUP



Go to [metronews.ca](http://metronews.ca) for coverage of the Game 3 of the final.

crazy. It's been a very busy couple of weeks. But it's exciting. It's where you want to be."

McDavid would have rather been on the ice at the Memorial Cup but was instead in Quebec City for the CHL awards. At the combine he got to meet with Oilers brass.

Part of McDavid's off-season experience is seeing his first Cup final game in person. Once this is over, he'll go back to training with the hopes that he's ready to step in and make an impact with the Oilers as a rookie. THE CANADIAN PRESS

### IN BRIEF

#### 7 Royals on pace to start in Midsummer Classic

Seven players on the AL champion Kansas City Royals are on track to start in next month's all-star game in what would be a record total for one team.

Catcher Salvador Perez, first baseman Eric Hosmer, shortstop Alcides Escobar, third baseman Mike Moustakas and designated hitter Kendrys Morales all led their positions in voting totals released Monday. Lorenzo Cain was first among AL outfielders, with teammate Alex Gordon third.

Major League Baseball says the record for most starters from one team is held by the 1939 New York Yankees with six.

THE ASSOCIATED PRESS

#### 18.8 million tuned into Cavs' Game 2 victory

The NBA Finals' Game 2 has drawn its highest television rating in more than a decade.

The short-handed Cleveland Cavaliers' overtime victory over the Golden State Warriors on Sunday night to even the series at 1-1 averaged a 10.5 rating on ABC. That's the best since the Pistons-Lakers series in 2004.

ESPN said Monday that the nearly 18.8 million viewers were up 26 per cent from the 14.9 million for last year's matchup between the San Antonio Spurs and Miami Heat.

THE ASSOCIATED PRESS

#### Fan hit by broken bat upgraded to fair condition

The condition of the woman hit by a broken bat at Fenway Park has been upgraded to fair.

The family of Tonya Carpenter issued a statement Monday that said: "Tonya is responsive, and her condition has been upgraded from serious to fair."

Carpenter, 44, suffered what police initially said were life-threatening injuries during Friday night's game between the Boston Red Sox and Oakland Athletics. She was struck in the head when the bat of Oakland's Brett Lawrie broke and sailed into the seats along the third-base line. THE CANADIAN PRESS

**RECIPE** Seared Tuna with Roasted Potato and Green Beans


## EAT LIGHT AT HOME

**Rose Reisman**  
[rosereisman.com](http://rosereisman.com)  


## Ready in

 Prep time: 5 minutes  
 Cook time: 12 minutes

## Ingredients

- 12 oz unpeeled Yukon gold potatoes, sliced into 1/2 round slices
- 12 oz trimmed green beans
- 4 tsp olive oil
- Salt and pepper
- 3 Tbsp maple syrup
- 1 Tbsp Dijon mustard
- 1 Tbsp lemon juice
- 8 oz sushi-quality tuna

## Directions

1. Preheat oven to 425 F.
2. In a pot of boiling water, cook potatoes for 10 minutes or until tender. Add to

bowl along with green beans. Add 2 tsp olive oil, salt and pepper and toss.

**3.** Place on a baking sheet sprayed with vegetable oil and bake for 12 to 15 minutes, just until lightly browned.

**4.** Combine maple syrup, mustard, lemon juice and 2 tsp olive oil. Put 2 Tbsp of mixture into bowl, add tuna and marinate five minutes. Remove tuna and grill or sauté tuna for one to two minutes per side until rare or medium rare.

**5.** Slice tuna thinly across the grain, place over potatoes and beans and pour remaining sauce overtop.

## Nutrition per serving

- Calories 220
- Protein 17 g
- Fat 5 g
- Cholesterol 20 mg

PHOTO: ROSE REISMAN

## Aries

 March 21 - April 20  
 Be yourself and follow your instincts. Opportunities will come thick and fast over the next few days and it's really just a question of how fast you can react to them.

**Taurus** April 21 - May 21  
 It's likely you are not your usual happy-go-lucky self at the moment and those around you have noticed the difference. Friends and colleagues will try to cheer you up, before you know it you will be all smiles again.

**Gemini** May 22 - June 21  
 Anyone who thinks you are too set in your ways will have to think again as you make strenuous efforts update your life. Don't follow the latest fad or fashion for the sake of it. Be progressive, not slavish.

## Cancer

 June 22 - July 23  
 Act as if important people are watching your every move — because most likely they are. Uranus is sure to bring career changes of some sort and you are the one who will benefit.

## Leo

 July 24 - Aug. 23  
 Today's Mars-Uranus link will have you feeling a lot more confident and adventurous. You will also feel that the things you have been worrying about in recent weeks are no longer worth the effort — you're right.

## Virgo

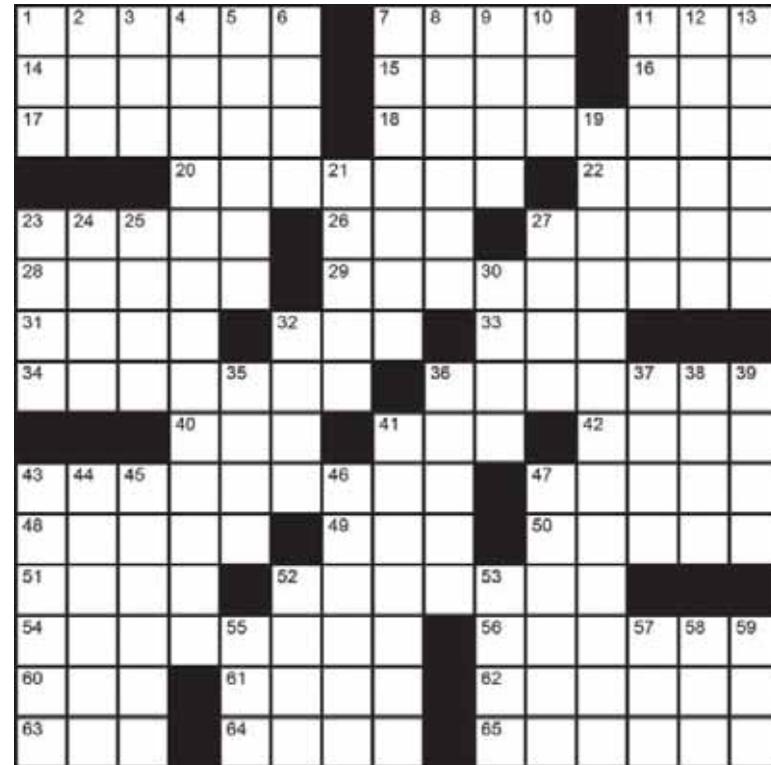
 Aug. 24 - Sept. 23  
 Stop listening to other people and start listening to your inner voice for a change. Others will tell you what you want to hear today but only that small, still voice within will tell you what you need to hear. Listen to it carefully.

**CROSSWORD** Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Don of "The Story of Alexander Graham Bell" (1939)
7. 23rd Greek letters
11. Insect
14. \_ and Hardy
15. X-\_\_ knife
16. Time off, fun-style
17. Scrape/wear away
18. Canadian specialty channel that airs "Outlander"
20. Gloria of "Sunset Blvd." (1950)
22. Vitamins brand, \_\_ Day
23. Olympics city in Russia
26. A-U link
27. \_\_ a Man (1947 Calder Willingham novel)
28. Mr. Robinson of "The Office"
29. Jazz singer born in Halifax: 2 wds.
31. "I'd like \_\_ of Diet Coke, please."
32. Family
33. Airport sched. word
34. "Manic Monday" group, with The
35. Sporty swimsuits
40. Take the prize
41. Lefts opp.
42. Ms. Polo
43. Town in the Thousand Islands area of eastern Ontario
47. Force away
48. Hit for Canadian singer Edwin
49. Single
50. Finland's second largest city after Helsinki
51. 1997 Peter Fonda title role
52. Dutch artist Vincent: 2 wds.
54. Plot
56. Capital of Taiwan
60. The Skipper's island abode
61. Comic actress Roseanne
62. Informant's information
63. Printemps follower
64. Rock star Mr. Stone's
65. Where movie directors are typically: 2 wds.



65. Where movie directors are typically: 2 wds.
66. Drench rocky shorelines: 2 wds.
67. Snowy Owl for Harry Potter
68. Ancient Greek philosopher, Zeno of \_\_
69. Fiery feeling
70. Fish group
71. Take \_\_ the
72. Suppositions

## DOWN

1. Tenn. neighbour
2. Fairy queen in literature
3. Continent, e.g.
4. They might

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			8				
			1	9	7	6	3
6	1				5	9	
3	2					1	6
8	9					4	2
6						3	
			4			6	
			9	5	6	3	
			9	1	4		



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[metronews.ca/panel](http://metronews.ca/panel)


- chin
10. Farm animal
11. Moviedom's Marlon
12. Open
13. Car repair shop stuff
19. World War I and II vessels that form a floating breakwater on Malaspina Strait in the coastal British Columbia city of Powell River: 2 wds.
21. Grape soft drinks Radar liked on "M\*A\*S\*H"
23. Strikebreaker
24. Killer whale
25. James of "Mystery" (1990)
27. Jane \_\_
30. Swimmer's circuits
32. Casino game
35. Wrinkle
36. William \_\_, Shrek! author
37. Actor Johnny
38. Nabisco cookie
39. Farm structure
41. Athletic shoes, Canadian-style
43. Tactless
44. With absolutely nothing left in stock: 2 wds.
45. Nothing: Italian
46. Mr. Slate's cartoon workplace
47. Get back
52. Lab bottle
53. Mr. Preminger
55. TV network
57. Edgar Allan who?
58. Newt
59. Suppositions

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